



the raiser

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The Gong is Bendigo Bank
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Hollywood Gala; an absolute ball



Our 2nd annual Hollywood Fundraising Gala Ball was held on Saturday the 14th August, raising just over \$6000 for Illawarra women living with cancer. What fantastic effort from all our lovely members, sponsors and guests!

(Left: Marilyn & Charile on the red carpet)

The night saw just over 100 attendees turn out in their best frocks and suits to dance the night away. Cocktails, great food, entertainment and stars abounded, with appearances from Marilyn Monroe, Charlie Chaplin and local Bollywood dance group the Belly Babes.

Plenty of prizes were given away on the night. Congratulations to the winners of our silent raffle, lucky door prize and other giveaways. Our best-dressed lady of the night was one of our members, Cassy Ffrench, who looked ravishing in red, whilst the men's winner was Hollywood Gala regular Derek Beaveridge, who donned a flashing tie for the night; always a winner with our judges.

We also drew our major raffle of the year, sending one lucky person packing his bags for the real Hollywood with two return tickets to LA! Thank you to everyone who attended what was an amazing night. And, if you missed out this year, never fear: we're planning to make next year's event bigger and better!

Chemo Care Kits Ready to Launch

Our Chemo Care Kits are packed and ready to go! The kits will be distributed to all Illawarra women beginning chemotherapy treatment at Wollongong cancer treatment centres.

They contain helpful advice, products, medications and discount vouchers. They have everything from beanies, to special chemical-free soaps, and a range of other items! [Visit our website](#) for the full list of contents.

We put the final touches on the kits with the money raised through our Hollywood Ball, adding digital thermometers and a few more discount vouchers to the mix.

The kits will be a small comfort to those undergoing treatment and a sign of community support in what is always a very difficult time.

Thanks to all our wonderful sponsors and supporters who have made this goal possible!

Spring Membership Drive

Our spring membership drive is in full swing, with 2 tickets to Jamberoo Recreation Park up for grabs. To be in the draw join or renew before 26th of October 2010.



CONDITIONS OF ENTRY: Eligible memberships are for 12 months or more for new members. Only 1 prize will be drawn on 26/10/10. Only memberships that have been paid and processed by this date will be entered.

Already a member??

Current members may extend their membership by 3 months for \$5.00 to enter the draw.

Visit our Membership page for more details.

Winter Warmer Winner

Congratulations to new member Brett, who won our winter warmer membership drive, taking away a Kambrook Banquet slow cooker and recipe books.



Board Member Changes

Sadly Alison Bradford has resigned from the Raise the Gong Board, as she gears up to head back to university. Alison was our team leader for the massive Stress Less Sunday event held in March 2010. We will miss you Ally!

We look forward to welcoming our newest board member, Gemma Curci, to the RTG team. Gemma

FREE First Aid Coming Up

Keep an eye for our latest project: Starting in November, Raise the Gong will be running FREE specialised first aid courses for interested members (non-members will be invited to attend for a small fee). We have joined forces with Wollongong First Aid to provide non-accredited classes with a special focus on caring for children and infants.

We will have both daytime and night courses running. More information will be available in the next few weeks.



Springtime Art!

Le'pota Art Studio in Shellharbour Village is run by one of our members, and offers kids art studios throughout the school holidays.

They also run Art as Therapy workshops for any women who may like to attend. Want to know more? E-mail: natalija@lepota.com or phone

0414 829 548.

Little

LEONARDO'S®

Art Studio for Kids

Relay for Life

Raise the Gong participated in the Illawarra Relay For Life on September 18th- 19th, raising just over \$300 (to date). Relay For Life is an annual event held by the Cancer Council. Teams join together to complete the mammoth 24-hour relay, keeping at least one member walking the track at all times.

Although we walk under the banner of Raise the Gong, we are actually individuals walking for personal motives and the opportunity to assist another charity. The team walked an average of 15 laps an hour, totalling around 144km over the weekend.

The Candlelight ceremony saw Raise the Gong members light 8 candles in memory of loved ones and the people who inspire us. Member Silvana C was able to participate in the opening survivors walk. Whilst 10-year-old Georgia D was our highest individual fundraiser for the day. A huge thank you to all our dedicated walkers, helpers and fundraisers! Donations can still be made online at:

www.relay.cancercouncil.com.au/2010/illawarra_2010/raise_the_gong_inc

Spring has Sprung!

So make the most of the warmer weather with these delicious fruit smoothie recipes.

Smoothies are a fresh, healthy alternative to soft drinks and milkshakes. Not to mention a delicious way to give the family their daily serving of fruit and dairy. The general rule is ½ a cup fruit to 1 cup milk and blend till smooth. Easy as that! The more adventurous can experiment with vanilla essence, yoghurt or ice cream.

We recommend a couple of tried, tested and loved combinations:

Strawberry Banana Smoothie

- 1/2 cup strawberries
- 1 banana
- 1 cup milk



#Peach Mango Smoothie

- 1/4 cup peaches
- 1/4 cup mango
- 1 cup milk
- #

Save the Date!

Upcoming Raise the Gong events to mark in your diary.

- Our next general meeting: October 5th 2010
- Spring Membership Drive: now October 26th 2010
- First Aid Classes: Early November, details TBA
- Raise The Gong Xmas Dinner & Meeting – Tuesday 14th December
- Stress Less Sunday: March 6th 2011